# Automatic Writing Through Energy Possession

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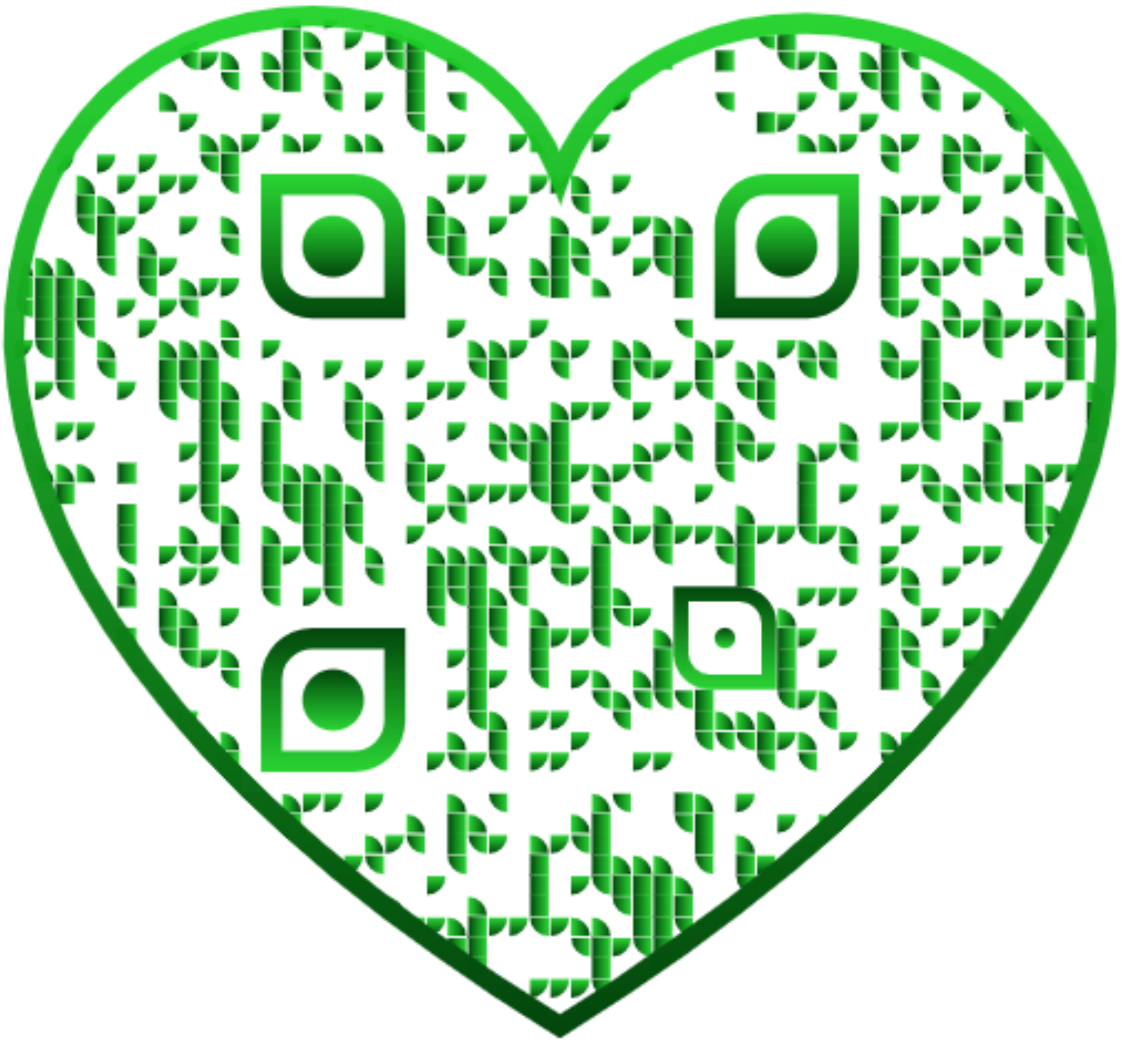

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*To Silvia*

# Introduction

Automatic Writing Through Energy Possession is a secret magical practice that will allow you to produce various writings like articles, essays, books, messages from the Otherworld, and works of art through energy possession. This is where you allow a divine force to move you into creating something. This practice has been kept in secrecy for many years and revealed only to a very few and chosen initiates of the Craft of the Wise. Finally, this sacred and ancient practice is now revealed, but only those who deserve its secrets can be able to harness this wild and wonderful power.

*Automatic Writing Through Energy Possession will allow you to follow the flow of the universal force and act smoothly and naturally to create written materials and even fine work of art. This is not an occult technique that uses force, but a way to be in harmony with the universal energy and be moved with inspiration and divine power. Although magical instructions and secrets are herein revealed, let it be known that it also takes practice to be able to execute this technique properly and effectively. The good news is that it is nonetheless doable, and you are the best person to learn and master it.*

Another advantage of learning automatic writing by energy possession is that you will learn other important magical theories and practices that can open the doors to more magick and power. Indeed, there is so much that this practice offers, which is also why even adept magicians and witches are keen to learning this technique.

It is also worth noting that there are so many magical practitioners who simply do not know how automatic writing works, and only a few are able to

execute it effectively. Now is the time to finally unveil the secrets and reveal to you the secrets of the ancient Wise and the practice of true and veritable magick.

*Automatic Writing Through Energy Possession is one of the keys to power and mystery. It is more than an instructional guide to automatic writing, but an invitation to a journey that leads to magick, awe, and wonder. If you think that you are ready to take this journey, then step forward and let me welcome you into the wonderful world of automatic writing, magical energy, pure art, and real magick.*

# A Discussion on Automatic Writing

As the term implies , automatic writing is the magical art of writing automatically. This is where you get to produce written works or statements without your own personal intervention. For a long time, this practice has been shrouded in mystery to many, although it was considered normal by the ancient Wise, for they were the people who were very much deep into the knowledge and practice of the magical arts.

So, does it work? Normally, you do it with a pen and paper. Typing skill requires a more conscious effort as it also makes use of technology – but this does not mean that automatic writing is no longer possible by typing – it is simply more challenging and needs more practice.

Automatic writing, if done by yourself alone without any external assistance, is the inner working of the mind. It connects to your younger self (subconscious mind), as well as your higher self (super conscious or deep mind). Simply put, it expresses the parts of you that, normally, you would not even know are there. It should be noted that these “unknown” parts of your Self also get to interact with the natural world, even to the stars and the planets, and the whole universe. Hence, you are not completely alone even if you choose to do automatic writing on your own without any assistance from the universal energy or whatever external force. There will also be a source of inspiration that moves you to create something.

When you engage in automatic writing (or even automatic drawing or painting), you take part in the god-hood of creation for you shall also be a creator yourself. You are a divine maker creating universes through magick.

Remember that the very moment that you wield words and art, you become a creator yourself.

As I always teach my initiates, magick starts and ends in the mind. In automatic writing, the words may come to you in various ways, such as by telepathy, a vision, strong emotions, and so on. There are no rules. Inspiration comes, and it moves you to write and create. As you do this, you are not even completely conscious of what comes to you. However, this does not mean total renunciation of consciousness. With enough practice, you will learn to remain conscious but still not prevent the flow of automatic writing. In the beginning, it is best not to pay any attention to the flow of words as they come to you to avoid any interference on your part. However, once you gain more experience through continuous practice, you will enjoy more freedom and be more comfortable with using this magical technique.

The practice of automatic writing is a deep magical practice, if you put your heart and soul into it. It develops your magical faculties and spiritual maturity. It is a sacred practice, and so you ought to use it only for good. Indeed, there is so much to know and discover about automatic writing. It is a brilliant and magical world – and it can be yours if you practice it.

# Understanding Energy Possession

It should be understood that everything in the universe is made of energy. Both the visible and invisible worlds are made of pure energy. In fact, conventional science has also just discovered (reaffirmed) the ancient teaching that everything is made of energy. “Modern” scientists have “discovered” that inside every molecule and atom, there is nothing to be found but energy. Hence, energy is, indeed, all.

When you use energy for automatic writing, you will be moved by whatever energy is used. This will allow you to create diverse works and even works of pure art. It will depend on the quality of the energy that you invoke into yourself.

It should be noted that even if you practice automatic writing all by yourself, you still make use of energy. This is because you are also made of energy. This is something that you should think about. Hence, “energy” should not be something strange or unfamiliar to you, simply because you are also made of pure magical energy.

The term “energy possession” may also refer to being possessed by a spirit, elemental, or any other being or entity. But, it can also refer to simply being possessed with an energy force that has a certain quality like that of love and kindness, and so on. There are no hard and fast rules on this matter but everything happens according to universal laws, as well as in accordance with your divine will. Think, for example, a human being who is in love. He is not possessed by the spirit of their lover or anything else, but they become possessed by the energy of love, and this allows them to write wonderful

romantic poems and letters. The same principle applies when you are possessed by another kind of energy force. Once you have this energy inside you, it is just a matter of letting go and allowing this energy to manifest. For our purposes, the energy will be transmuted into writing.

You do not also ways to use an energy source that is outside of yourself. Remember that you already possess energy inside you. If you want, you can simply harness your personal energy to do automatic writing. It is suggested that you try different methods and see which one works best for you.

As you can see, you do not have to be afraid of the term “energy possession.” But, you might be wondering: Isn’t it dangerous to be possessed by a spirit? If you ever take this route, then there are safety precautions that you can do to avoid any misfortune, as well as to protect yourself in case you ever end up dealing with a mischievous spirit. To be safe, you may choose not to be “possessed” in the literal sense of the word but merely develop some kind of empathic connection that will allow you to express the energy of the spirit or being evoked. It is this empathic connection that would make it seem as if a possession has taken place although there is really none. The choice will be up to you. Do not worry, the instructions in this manual is limited in such a way that will ensure your safety, so there is definitely nothing for you to worry about.

# The Magical Process

Let me give you a bird's eye view of the process so that you will know just what to expect. The key lies in being charged with the right energy, as well as the energy quality. Once achieved, you can proceed with the writing. Now, the key here is to simply let go and allow the energy to express itself without any intervention on your part. You may intervene only to keep the writing legible and to give it some sense. You will learn more about this controlled or limited intervention later in this manual when we finally discuss the steps. For now, just focus on the process. When you finally put the pen to paper, the key to success lies in letting go. Do not control it. Do not even think about what you are doing. You are only an observer as you witness how the workings of the magical mind manifest itself on the paper. Do not even expect for anything to happen. Do not even think about making sense. Sometimes, the first few lines will not have any sense at all. However, as you continue to write and start to be in harmony with the energy force, you will begin to see the messages from the Otherworld. Let go and let the magick unfold on the paper right before your eyes. This is similar to practicing the basic meditation where you simply observe the breath without being attached to it and without being worried about anything. Breathe and let go, write and let go. Indeed, when you get deep into the practice of automatic writing, you will even start to realize that the whole practice of automatic writing itself is a meditation journey.

The next part will simply be understanding the message that you have written. There is no wrong way of doing this as long as you sincerely want to understand the message. Read what you have written and try to make sense out of it. Keep an open mind and relax. Remember that magick should be natural. Since automatic writing is also magick, then it follows that automatic writing should also be done naturally. There is no part in the entire process that will require you to use any force. Using force or pressure is a sign that

you are not doing it right. Relax and enjoy the magick as it unfolds on its own. Remember: You are naturally magical.

If you have invoked a certain essence, spirit, element, or energy, then the next step is to cleanse yourself of such external influence. There are different ways to do cleansing. You will learn how to cleanse yourself later in this manual. Cleansing is simply a way to remove negative energies and foreign influences or energy that you no longer need.

If you cannot form a meaning from the output, then do not feel bad Just take a break and try again some other time. It should be noted that this technique, just like any other magical technique that is worth learning, requires time and dedicated practice. If you put in enough time and efforts, then you will soon enjoy the fruits of your labor. A good thing about automatic writing is that it is not hard to learn. If you practice it with your whole heart and soul, chances are that you will start to see significant results in a week's time, or even less. The more that you practice it, the better you will get. Be reminded of the occult teaching that continuous practice makes perfect.

The whole automatic writing experience cannot be set in stone. It may change depending on your level and other circumstances. It is only possible to give a general outline but there is no way to set defining boundaries for it, since its power must not be limited. Automatic writing is as meaningful as you make it. If you make it extremely beautiful in your mind, then it is. Remember: magick starts and ends in the mind. The same applies to automatic writing.

# The Art of Letting Go

This part where you have to let go and let the energy express itself without your intervention is usually the part where many practitioners of this sacred art have a hard time, and so it is only right to have a discussion on this matter. Letting go is not just about not thinking about what you are writing, but it means much more than that. It means trusting in the force that moves you and letting it take its natural course. There should be no fear or doubts in your heart and soul. Consider it as some kind of voluntary surrender to another force.

Letting go happens from the moment that you hold the pen in your hand. Now, it is not easy to just shift from your own control to the control of the energy force, but this is easy to do provided you know the right technique to use. In this case, a good way is to just let the hand with the pen draw on the paper at random. Just move it ad then follow the flow. You might end up with some random circles or lines, etc., but this is just the way to have you connect with the energy and be able to harmonize with it. You will know when you are already connected to the energy force. You will be able to sense it in one way or another. You just know. Once you feel this, then just let this force guide you and control your hand. Do not force what you want to write or happen. Just be in the moment and let the magick unfold on its own.

To let go means not having expectations. Do not think of any word to be written. You have to understand that automatic writing is a very sensitive art, especially once you go into a deeper state of consciousness. Indeed, it is a kind of meditation that can put you in a trance. Of course, for this to happen, you must not have any fear in your heart. You need to surrender to the force that moves you.

You should also be as relaxed as possible. Do not tense up your muscles. The more relaxed you are, the easier the energy will flow smoothly. Also avoid thinking about negative thoughts. You can either think about positive thoughts or none at all. Another option is to be distracted like watching a movie. Another technique is to focus on a mantra or on your breathing and not on your hand that writes. Do not control the energy with your mind.

It may take some time before you can learn to finally let go. The more that you practice, the more that you will learn how to trust yourself and the energy that you work with. Trust is an important foundation. Another technique is to realize that you simply do not know. When Socrates said, “I know that I do not know,” he was blessed as the wisest man in the world. In the same way, you should realize that you also know nothing. You do not know what you will write, and so the more that you need the divine energy to guide you. This is not ignorance, but humility of the soul and mind. If you humble yourself, then the Divine will guide you to wisdom.

# The Magical Steps

Now that you have a better understanding of what automatic writing is, it is time to finally put your occult knowledge into actual practice. You are advised to first familiarize yourself with the following instructions. Do not worry, the steps are very easy to follow and even to memorize. Know the following steps by heart, so that you would not have to think about them during actual practice. This way, you can focus on the magical work at hand, and not on recalling what to do next. You will need a pen and paper; and, of course, a time for yourself when you will not be bothered by anyone.

*Hold the pen and intentionally move it on the paper. In the beginning, it will be with conscious effort. This is an excellent technique to harmonize with your energy. As you gradually let go, the energy shall also gradually take control of the writing. Relax yourself as much as you can. Do not control anything. Do not expect for anything. Do not focus on your hand, not even on what you are writing. It is time to let go.*

*Your hand may either: continue to write on its own or you may be moved to write something. Either way, just follow the force and write. As you can see, you may also write consciously, but the difference here is that you are writing something without even thinking, but you are merely following a force that inspires and moves you.*

*Words may arise in your mind, just write them down without thinking of what they mean. Sometimes the hand will just write on its own, while other times visions and words simply arise in the mind, and it is up to you to write them. The key is not to interfere with anything and just be an observer. Write what*

*moves you and what appears to you. This is a revelation, a pure magical moment.*

As you can see, the whole process is very simple. It is the art of letting go. Many people try to control things, which prevent magical moments from unfolding. Trust in the divine nature of things, and magick shall fill your life, heart, and soul.

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IT IS NOT REQUIRED for you to close your eyes. Just do what feels right to you. It should also be noted that magick is also an art. Therefore, do not limit yourself to the process as herein revealed to you, but also try out and discover other ways to do automatic writing on your own. Do what feels right and best for you. Hence, feel free to make adjustments to the techniques in this guidebook and come up with your own method on how to do automatic writing.

You have just learned to do automatic writing using your own personal energy. Let us now try to do automatic writing by allowing yourself to be possessed by a certain energy force. Do not worry, we will not be invoking any spirit or entity in order to keep you safe, but you will be invoking a certain energy quality to fill you with its power and enough to express itself through writing. The best way to understand this is by actual experience:

*Before you begin, close your eyes and think of the energy quality that you want to invoke. It is suggested to work only with positive energy qualities, such as love, compassion, forgiveness, kindness, and so on. Choose one energy quality that you want to invoke. To "invoke" means taking the energy into yourself, into your whole body and your entire energy system, and thereby turning it into yourself. Or, rather, since you are influenced and filled*

*by it, you become it, the very energy invoked.*

*Imagine a ray of divine light descending from heaven carrying the energy quality that you desire. Let us use, for example, the energy of love. Let this ray of light reach down and enter the crown of your head. Let it fill your whole being from your head and down to your feet. As you do this, imagine events that express the energy quality that you are invoking. Since we are invoking the energy of love, imagine memories in your life when you experienced love. You can also imagine a movie that expresses love. You are also free to come up with your own memory or vision of love. Be filled with the power of love (the energy quality that is invoked). Once you are filled with the energy, let go of all imaginations and simply relax and empty your mind, now filled with the energy quality that you invoked. Now, proceed with the steps for automatic writing. This time, since you are filled with a certain energy, chances are that the work that will be produced will also express the energy that you possess. Since you invoked love and filled your entire being with it, you will most probably come up with writings that expressed love. Once again, do not control it, but let the magick work on its own.*

# Automatic Drawing, Painting, Etc.

The same principles and techniques apply to automatic drawing, painting, and the likes. There are also a good number of poems that have been made using automatic writing. Once you have your will and intention set together, then automatic writing or drawing becomes a natural flow. If you practice this long enough, you will realize that it is very easy to do. In fact, it is very natural.

If you want to use this technique for drawing or painting, you might want to skip the initial part where you move your pen (or paintbrush) over the canvass as you harmonize with the energy as it might make your artwork quite messy. It should be noted that the said initial part is only optional, especially if you are just starting out. You might want to use a brush without any paint on it as you try to harmonize with the energy. Once you feel that you have connected to the divine energy, then you can now change your brush to the one that has paint on it. Of course, once you develop this skill, you no longer have to spend time harmonizing with the energy by doing random strokes. Soon enough, you will learn to harmonize with your mind. Once you achieve this level through continuous practice, then you can proceed to making wonderful art at once.

Just like learning any other magical skill, automatic writing, drawing, painting, and the likes, also require time and training. Every effort you invest in it counts. The good news is that this is not really hard to learn. In fact, even absolute beginners in the magical path can learn this technique in just a few days – or even in one day, depending on your current magical and spiritual maturity.

So, are you ready to make great art? Another wonderful thing about this is that it will allow you to discover places and universes that you would otherwise be unaware of. Let the divine energy lead you and reveal to you the great magick that lies in your mind, as well as the in the very depths of the oceans, and the whole multiverse. This is journey through time, space, mind, and existence.

# Additional Notes

Automatic writing through energy possession is definitely a wonderful magical practice that you can learn. It does not matter if you are an advanced practitioner or someone who is just starting out in the practice of the Craft, automatic writing is something that you can learn and practice, and it can reveal to you wonderful worlds and universes. In fact, there are adept magical workers who specialize in the automatic writing alone.

Now that you are equipped with the right magical knowledge and instruction, it is up to you to actually take this path and attain mastery. It should also be noted that the practice of meditation helps a lot in learning automatic writing. This is because automatic writing itself is a meditation. Hence, if you are an absolute beginner, you might want to try the basic breathing meditation. This is as simple as focusing on your breath. Just relax and focus on your breath. Nothing must exist in your mind but the breath. If other thoughts arise in your mind, gently ignore them. Only the breath exists. You are the breath.

I hope you enjoyed reading this occult chapbook. The magical practice of automatic writing is, indeed, truly wonderful. I have given you a key to power that can open wide the doors of miracles, awe, and mystery. Use it wisely. And, do not forget: You are magick.

Blessed be!

*If you enjoyed reading this occult chapbook, kindly give it a positive rating*

*and review!*

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